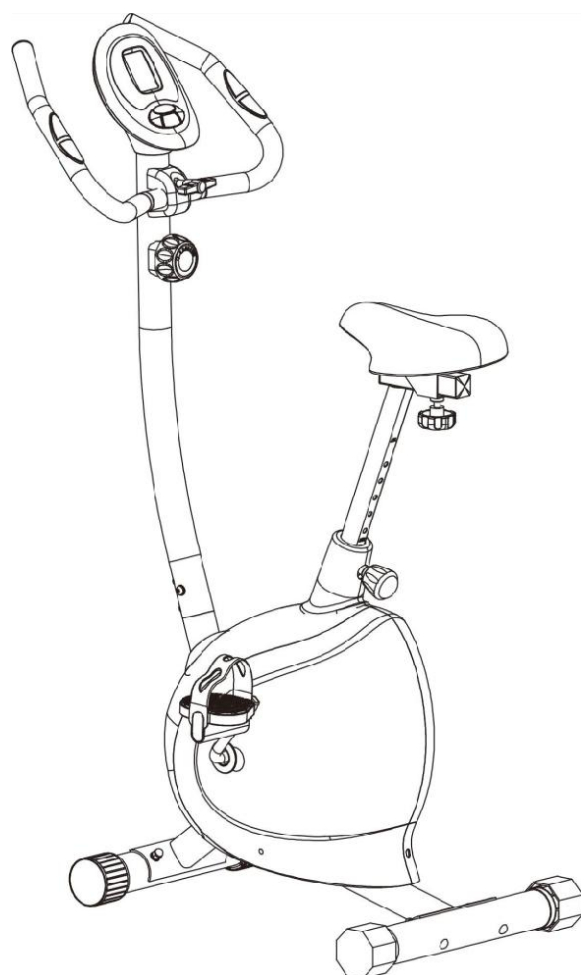


# ***VIVA FITNESS***

## **USER'S MANUAL**

### **Upright Bike**

### **KH63**



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1. To ensure your safe, reliable and comfortable use of this series of exercise bikes, please read the following important matters and all operation instructions before use. The company shall not be liable for any personal injury or property loss caused by the use of this product.

2. Consult your doctor before starting a plan or other exercise program. This is especially important for people over the age of 35 or with pre-existing health conditions.

## **Considerations:**

1. This fitness bike is a fixed fitness equipment suitable for the family and an aerobic training equipment for improving cardiovascular function;
  2. The exercise bike should be placed on the flat ground when in use;
  3. Before use, please check whether all bolts, bolts and other parts are properly installed and locked;
  4. The intubation depth of the cushion cover shall not exceed the minimum depth marker line;
  - 5, please wear appropriate clothes and shoes and socks, please do not wear a dress or too long blouse, so as not to hook on the exercise car; Strap your feet firmly;
  - I. When exercising, do not let children approach the exercise bike; The free movement space of the device should be not less than 2 meters around.
  - II. Before starting to exercise, please consult your doctor and make a reasonable training plan according to your condition and exercise goal;
  - III. If you feel nausea, pain, chest tightness, rapid heartbeat, difficulty in breathing or loss of balance during exercise, stop exercising immediately and go to see a doctor;
  - IV. The maximum weight of the user of the machine shall not exceed 100Kg;
  - V. The braking device of the machine is of non-speed correlation type;
  - VI. The machine meets the requirements of EN957-5HC class;
  - VII. The machine is not suitable for medical use.
- (1) Children should be supervised to ensure that they do not play with utensils.
- (2) This appliance is not intended for use by persons (including children) who are physically weak, slow in response or have mental disorders, unless it is safely used under the guidance or with the help of a person responsible for their safety.

**Warning: Violation of the above safety regulations will result in personal and equipment injuries.**

## Tools and accessories



spring knob 1pc



Ø8 washer 4pcs



M5X10 crosshead bolt 1pc



hole plug 1pc



8x20 blot 4pcs



Ø8 spring washer 8pcs



ARC washer 4pcs



shot knob 1pc



Handbar cover 1pc



spacer 1pc



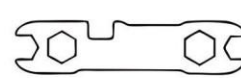
T-knob 1pc



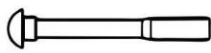
reduction sleeve 1pc



screwdriver 1pc



wrench 1pc

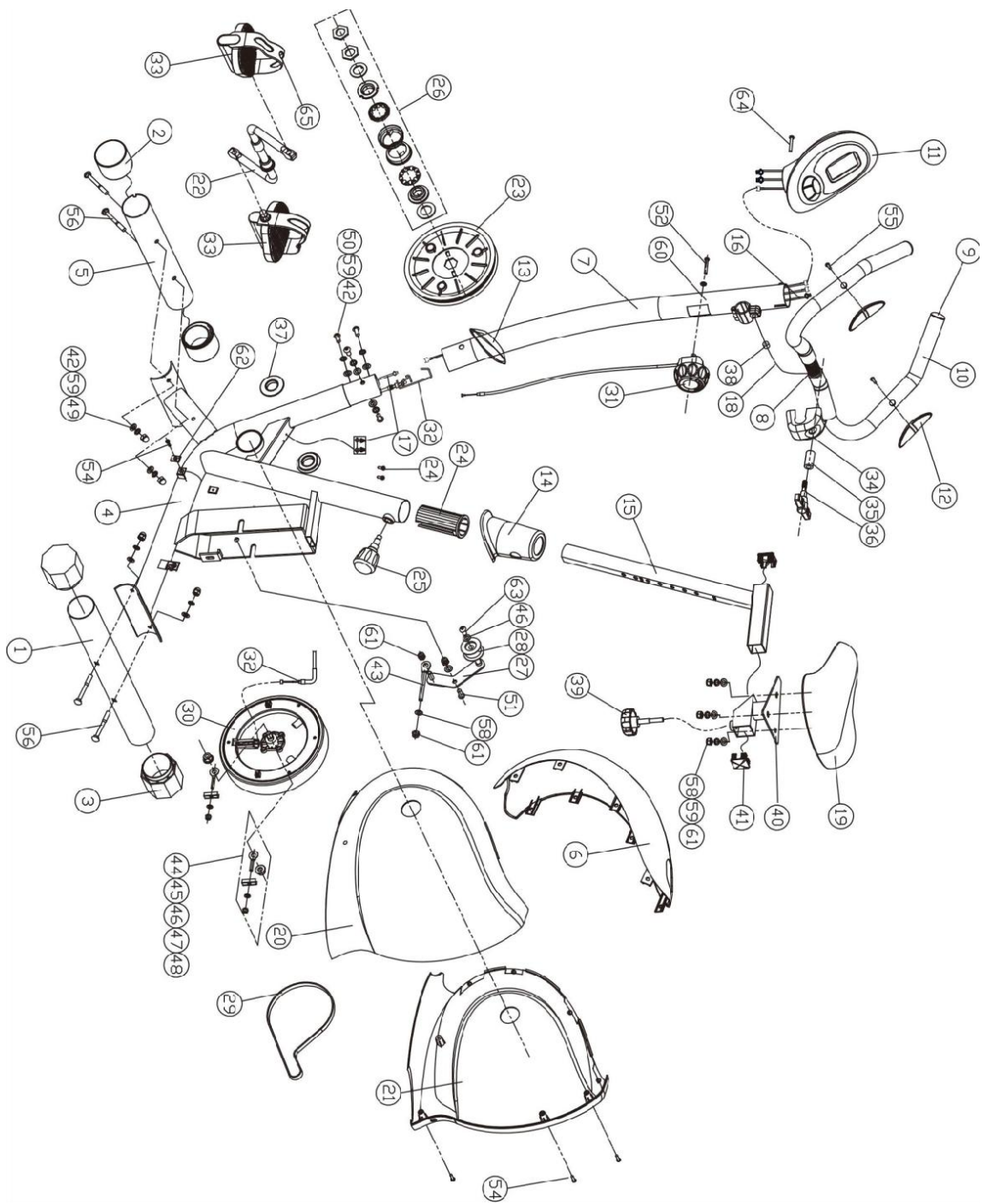


8x75 bolt 4pcs



cap nut 4pcs

# Explosive View



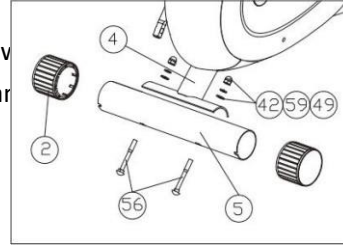
## Part list

N O.	Descripti on	Q t y	N O .	Descripti on	Q t y
1	Rear foot tube	1	4 1	Square cap	2
2	Front foot-cover	2	4 2	ARC washer	8
3	Rear foot cover	2	4 3	Pull ROD	2
4	Main frame	1	4 4	adjusting rod	2
5	Front foot tube	1	4 5	Adjust slice	2
6	Front cover	1	4 6	Flat Washer $\Phi 6$	3
7	Handlebar support	1	4 7	Spring washer $\Phi 6$	2
8	Hand bar	1	4 8	Nut M6	2
9	$\Phi 25$ Ball plug	2	4 9	Cap nut M8	4
1 0	Foam grip	2	5 0	Bolt M8X16	4
1 1	Meter (239B)	1	5 1	Bolt M8X20	1
1 2	Pulse senser	2	5 2	Cross head screw M5X35	1
1 3	Front plastic cover	1	5 3	Cross head self-tapping screwST4X8	2
1 4	Seat cushion tube cover	1	5 4	Cross head self-tappingscrewST4.2X16	5
1 5	Seat bracket	1	5 5	Cross head self-tapping screwST4.2X20	2
1 6	Meter wire (lower)	1	5 6	BOLT M8X75	4
1 7	Meter wire (upper)	1	5 7	Hexagonal self-locking nut	2
1 8	Heart rate wire	1	5 8	Flat Washer $\Phi 8$	3
1 9	Seat cushion	1	5 9	Spring washer $\Phi 8$	11
2 0	Right cover	1	6 0	Flat Washer $\Phi 5$	1
2 1	Rightcover	1	6 1	Nut M8	6
2 2	crank	1	6 2	stator	2
2 3	Belt wheel	1	6 3	BOLT M6X12	1
2 4	reduction sleeve	1	6 4	Cross head self-tapping screw M5X12	1

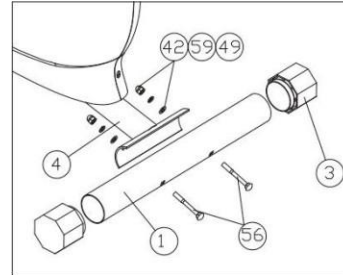
2 5	Spring knob	1	6 5	Pedal belt	2
2 6	Bearing set	1	6 6	Screwdriver S=5	1
2 7	Pressing wheel bracket	1	6 7	Multiple wrenches	1
2 8	Pressing belt wheel	1	6 8	Wrench	1
2 9	4V Belt	1	6 9		
3 0	Flywheel	1	7 0		
3 1	8-section tension control	1	7 1		
3 2	resistance cable	1	7 2		
3 3	Pedal(Left & Right)	2	7 3		
3 4	Handbar cover	1	7 4		
3 5	Spacer	1	7 5		
3 6	T knob	1	7 6		
3 7	Crank Decorative Cover	2	7 7		
3 8	Hole plug	2	7 8		
3 9	shot knob	2	7 9		
4 0	Seat cushion adjustable bracket	1	8 0		

## Installation steps

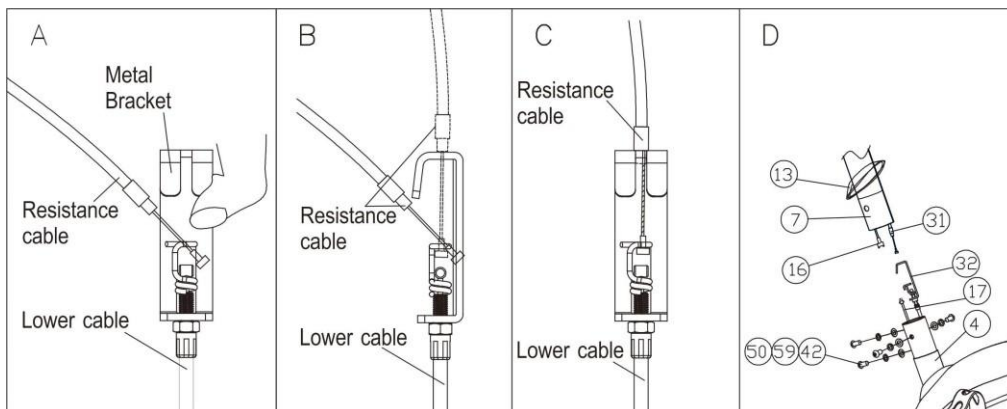
2. With 2 sets M8×75 bolts (56)、Φ8 spring washer (42)、Φ8 flat washer (59)、M8 cap washer (49) attach front foot tube (5) on main frame (4)。



3. With 2 sets M8×75 bolts (56)、Φ8 spring washer (42)、Φ8 flat washer (59)、M8 cap washer (49) attach rear foot tube (1) on main frame (4)。



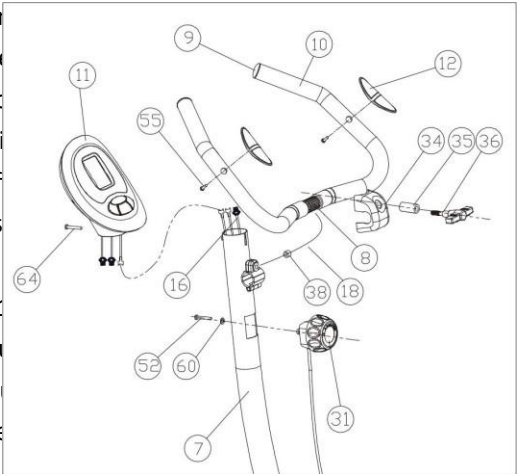
- 3.
- A. Connect the connector (16) and (17) of the upper and lower sections of the electronic table connection, and then connect the terminal terminal of the lower end of the eight-section spinner body (31) firmly with the output fine-tuning connection (32). (Note: first of all the output adjustment knob to the "+" direction to the end (at this time the output of the spinner terminal extension to the longest), according to the figure of the joint terminal sleeve in the output adjustment wire connection hook, pull up, the output adjustment of the upper end stuck into the box slot. If the upper end of the output fine adjustment body line cannot just be stuck into the adjustment box slot, please turn the lower end of the adjustment box nut to the appropriate position, so that the output fine adjustment body line at the top of the clip just stuck into the adjustment box slot. (See Figure 3-A, B and C)
- B: hand over weldment (7) set into the frame (4) to take over by 4 sets of round head hex socket bolts M8 x 16 (50), spring washer Φ 8 (59) and curved washer Φ 8 (42) will hand over weldment (7) connected to the frame (4) tighten. (See Figure3-D)





4.

a. Insert the heart rate line (12) through the side hole of the handlebar welding part (7) and through the upper end; Then cover the heart rate line (18) with the threading hole plug (38), plug the heart rate line (12) into the welding joint (7), and then cover the hand handle pipe (8) with the clamping tube hoop on the welding joint (7), as shown in the figure; Then cover the overhand handle decorative sleeve (34) and the sleeve (35), and lock it with the hand-wheel (36).

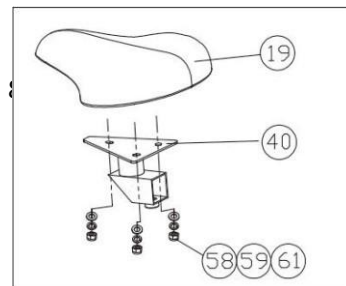


b. Connect the electronic meter wire (11) and heart rate wire (12) to the corresponding connector of the electronic meter, and then plug the extra wire plug into the tube welding part (7); Then, the protrusion on the side of the electronic watch is set to the welding seam of the front handlebar connector, the upper end of the electronic watch is fixed to the handlebar connector (7), and is fixed with the cross-groove disc head screw M5X10 (64).

**Note: the clamping teeth on the handgrip pipe (8) must be consistent with the clamping groove of the tube hoop of the handgrip welding part (7).**

5.

With 3 sets of nylon nut M8 (61), spring washer  $\Phi$  8 (59), flat washer  $\Phi$  8 (58) install the seat cushion (19) on the seat cushion adjustment frame (40).

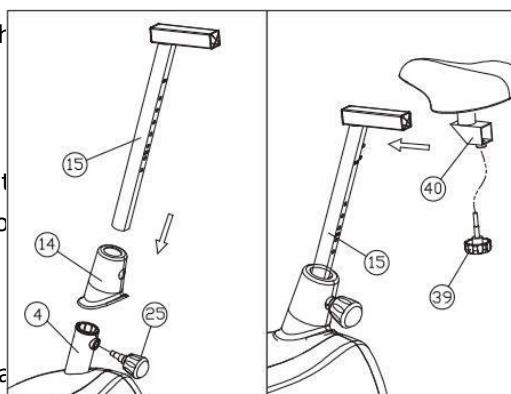


6.

(1) Then insert the seat cushion welding piece (15) into the D-shaped transition sleeve (14), insert the seat cushion welding piece (15) into the seat support pipe of the host frame (4), and align the upper end rotary hand seat hole of the seat support pipe of the host frame (4) with a certain hole

on the seat cushion welding piece (15); Then insert the stretch (25) into the hole and tighten the handwheel. (See Figure 6)

(2) Put the seat cushion adjusting frame (40) on the end of the seat cushion adjusting frame (15) according to the direction shown in the figure. After adjusting a certain position, turn the seat cushion adjusting handwheel (39) to lock up.



**REMARK:** 1. To adjust the high and low position of the seat

(27) should be unscrewed. After adjusting the seat cushion support (16) to the appropriate position, then tighten the handwheel with force;

(1) To adjust the front and rear positions of the seat cushion (20), just unscrew the seat cushion to adjust the handwheel (64). After adjusting the seat cushion support (16) to the appropriate position, tighten the handwheel with force;

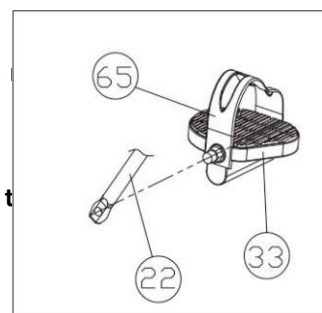
(2) If the cushion is found to be skewed, loosen the fixing nut at the lower end of the cushion, adjust the cushion to the correct position, and then lock it tightly.

7.

Fasten the two foot straps (65) on the left and right foot straps (33) first, then fasten them on the crank (22) of the rack and screw them down. (see figure 8)

Note: left (L), right (R) are indicated on the foot pedal shaft.

**When stamping quickly in one direction, do not immediately kick in the other t avoid injury.**



## Instructions

**1, load adjustment: resistance fine tuning knob, clockwise rotation, resistance increase, according to your own needs to adjust the level of resistance.**

**1. Adjusting the height of the seat: loosen and pull back the hand screw on the seat cushion cannula, lift or lower the seat cushion tube to an appropriate position according to the needs of the wearer. Then, the hand screw will be automatically inserted into the seat cushion tube hole to tighten the hand screw.**

**2. When riding a bike, sit on the cushion, fasten the pedal strap and hold the handle with both hands. The upper body can freely change its position according to the strength of both legs and riding speed.**



**METER:**

- 1、 A, functionality, 2、 1. Speed: Display in window A. The measurement is instantaneous speed, reflecting the speed of running, and the measurement range is 0.0 to 99.9 km/h. (or Max. 1500 RPM).
- 3、 2. Time: B window display. 4、 (1) Measure the accumulated time of motion
- 5、 The time taken from the start of motion to the stop of motion is measured in a range of 0~99 minutes and 59 seconds, and the timing is timed for 3 seconds without motion.
- 6、 (2) Time alarm function
- 7、 First, set the running time. After the start of the run, the time will be counted backwards, and the timer will go off for 10 seconds until zero. The maximum setting time will be 99 minutes.
- 8、 8. Distance: C window display.
  2. Measure the cumulative distance of running
 Measure the distance run from start to stop. The measurement range is 0.00~9.99~99.9 km, and it will be automatically converted to display with 1 decimal place when the meter reaches 9.99 km.
  3. Distance alarm function
 First, set the running distance. After the start of the running, the distance will be counted backwards and then reduced to zero for 10 seconds. The maximum setting value is 99.9km.
9. Calories: D window display.
  14. Measure the cumulative heat consumption of exercise
 Measure the quantity of heat consumed from the beginning to the end of the movement (that is, calories), the measurement range is 0.0~99.9~999 kcal, which will be automatically converted to integer display after 99.9 kcal is fully counted.
  15. Calorie alarm function
 First set the number of running calories consumed, after the start of the run, the calorie count, counting down to zero alarm for 10 seconds, the maximum set value is 999 kilocalorie.
- 10: Heart rate: E window display
- By holding the heart rate sensor, the heart rate per minute is measured with a range of 40~240 beats per minute. When there is no heartbeat signal for 25 seconds, it will automatically display "P", indicating that the heart rate test is suspended; Press any key to change "P" to "0", indicating the heart rate can be measured.
- 11: Wheel circumference
- The wheel diameter has been set to 60 (or set to a size as required by the manufacturer).

12: There are key sounds when operating MODE key, SET setting key or RESET key.

Stand still for 8 minutes (no operation, no movement), the meter will be automatically shut down and reset all data, and the treadmill will be displayed automatically by pressing the button or starting the treadmill.

#### **6. Installation method**

- Remove the battery door on the back shell of the meter and install two new 1.5VAA batteries in the positive and negative directions of the battery box (for battery products not installed).
- Fix the instrument on the pipe in front of the fitness equipment with screws.
- Connect the sensor wire plug with the outlet connector on the back of the instrument or insert the signal input jack on the back of the instrument.
- Quick step on the fitness equipment and the displayed speed changes indicate that the installation is qualified; otherwise, check whether the magnet seat and the sensor are installed correctly and whether the sensor wire plug and the lead wire of the watch head are connected reliably.

#### **II: Method of use:**

- Press the MODE key to select the display window that needs to be SET or cleared, and the "SET" symbol on the corresponding window flashes. Press the SET key to SET the alarm time, alarm distance or alarm calories required. Press the RESET key to clear the corresponding window display value.
- Step on the fitness equipment to start measuring, and observe your exercise parameters according to the contents displayed in different Windows.
- Heart rate measurement: press any key, then grasp the corresponding position of heart rate sensor metal plate with the left and right palms respectively (note: each palm should touch two metal plates at the same time). The monitor in the heart rate display window will show your current heart rate in seconds or less. When the heartbeat signal is received during the measurement, the heartbeat corresponds to the "astillation". In order to prevent the influence of palm movements on heart rate measurement and ensure the accuracy of heart rate measurement, it is suggested that the heart rate measurement should be carried out after the exercise is suspended or stopped, and the heart rate measurement should not be carried out at the same time of running.

Hint: Sometimes there will be signal interference when the palm holds the metal sheet. The heart rate displayed in the first 2~3 seconds may not be correct and appear high, which is a normal phenomenon. Then the heart rate will return to normal measurement. This method of heart rate detection is mainly helpful to determine the amount of exercise you do, not as a basis for disease treatment.

#### **III: The battery replacement**

When the display darkens or shows no display, remove the battery cover and install two new 1.5VAA batteries in the positive and negative direction of the battery. Install the battery cover.

**MALFUNCTIONS AND TREATMENT**

**(1) Maintenance**

1. Regularly check whether the bolts and nuts of each part are fastened, whether the adjusting knob is locked, whether the rotating part is flexible, and whether there are any worn or damaged parts. Ensure that all parts are in good condition to ensure the safety of the equipment.
2. Parts that are worn or damaged should be replaced immediately or sent to the maintenance center for replacement before use after repair.
3. Keep the equipment clean, but do not wipe it with acid, alkaline or organic solution.

**b. Troubleshooting**

Malfunction	Reason	Treatment
Base is unstable.	<ol style="list-style-type: none"> <li>1. Floor is not flat or there is small object under the front or rear stabilizer.</li> <li>2. The rear base feet have not been leveled when assembling.</li> </ol>	<ol style="list-style-type: none"> <li>1. Remove the object.</li> <li>2. Adjust the rear base feet.</li> </ol>
Handlebar or seat cushion is shaking.	The screws and round knob are loose.	Tighten the screws and round knob.
Loud noise from the moving parts.	The interval of the parts is improper tighten.	Open the covers to adjust.
No resistance when riding the upright bike.	<ul style="list-style-type: none"> <li>■ The interval of the magnetic resistance increases.</li> <li>■ Tension control is damaged.</li> </ul>	<ol style="list-style-type: none"> <li>1. Open the covers to adjust.</li> <li>2. Change the tension control.</li> <li>3. Open the covers to adjust.</li> </ol>

- Running belt is slippery.
- The bearing set is damaged.

4 Change the bearing set.  
.